

FITNESS CLASSES AT BNL

FEBRUARY – APRIL 2013

www.bnl.gov/bera ext. 2873

ADVANCE REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES

Classes cannot be pro-rated. Your paid registration is needed to secure instructors.

Please make checks payable to BERA and mail to: Recreation Office, Bldg. 400A

**AQUA AEROBICS – 12 week session - \$48 for once a week OR \$96 for twice a week
5:30-6:30pm at the Pool, Bldg 478**

Tuesday: Feb 5, 12, 19, 26, Mar 5, 12, 19, 26, Apr 2, 9, 16 & 23

Thursday: Feb 7, 14, 21, 28, Mar 7, 14, 21, 28, Apr 4, 11, 18 & 25

PILATES – 10 week session - \$50

5:30-6:30pm Monday – Rec Hall, Bldg 317

Monday: Feb 4, 11, (NO 18), 25, Mar 4, 11, 18, (NO 25), Apr 1, 8, 15 & 22

YOGALATES - 10 week session - \$50 for 1x week OR \$95 for 2x week

12-1pm Monday & Thursday – Rec Hall, Bldg 317

Monday: Feb 4, 11, (NO 18), 25, Mar 4, 11, 18, (NO 25), Apr 1, 8, 15 & 22

Thursday: Feb 7, 14, 21, 28, Mar 7, 14, 21 (NO 28), Apr 4, 11 & 18

ZUMBA – 11 week session - \$55 for 1x week OR \$100 for 2x week

Tuesday: Feb 5, 12, 19, 26, Mar 5, 12, 19 (NO 26), Apr 2, 9, 16 & 23

12-1pm at the GYM, Bldg 461

Wednesday: Feb 6, 13, 20, 27, Mar 6, 13, 20 (NO 27), Apr 3, 10, 17 & 24

5:15-6:15pm at the Rec Hall, Bldg 317

POOL ~ GYMNASIUM ~ WEIGHT ROOM

BERA Sports & Clubs ~ Volleyball/Soccer/Basketball

<http://www.bnl.gov/bera/recreation/clubs.asp>

***NO ACCESS available to Gym, Weight Room, Pool & locker rooms
between 3-5pm during week of February 19-22, 2013***

----- COMPLETE and return with your registration fee -----

2013 BERA FITNESS REGISTRATION – Aqua Aerobics, Pilates, Yogalates & Zumba!!
February-April 2013

Activity: _____ **Class Day:** _____ **# of Weeks** _____

Name: _____
(Please Print)

BNL Life/Guest Number: _____ **Building Number:** _____

Phone Number: _____ **Email address:** _____

Emergency Contact and Phone Number: _____

Make checks payable to BERA and mail to: Recreation Office, Building 400A

Proof of Medical Insurance is required for all Guests/Users (a copy will be kept on file)

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The following activities do not require registration:

\$ PAY AS YOU GO:

- **Kickboxing** - Mon & Thurs @ **12:15pm** in the gym, \$5 per class (Bldg 461)
Contact Recreation Office x2873
- **Aerobic Fitness** - Tuesday in the Rec Hall (Bldg 317) at 5:15pm
10 Classes for \$40, or \$5 per class
Contact Mindy Markstaller x2280 or email: Markstaller@bnl.gov

FREE, FREE, FREE:

- **Reiki Healing Circle** - contact Nicole Bernholc x2027
Thursday - 12 Noon - email berholc@bnl.gov for location
- **Tai Chi** - contact A. Rusek x5830 - *Great for balance and strengthening!*
Monday, Tuesday, Thursday & Friday @ 12 Noon at Brookhaven Center (Bldg 30)
- **Yoga** - contact Ila Campbell x2206
Wednesday - 12 Noon @ Brookhaven Center, North Room (Bldg 30)
[More Yoga class information](#)

Review the interesting opportunities offered by BERA Clubs:

<http://www.bnl.gov/bera/recreation/clubs.asp>

BERA Club information can be found at: www.bnl.gov/BERA

JOIN NOW!!! BERA Bodybuilding Club! Membership is only \$25 for 2013. Signup in person at the gym on Jan 17 & 25 between noon-1pm OR mail in to Recreation Office, Bldg 400A. Include your name, life # and email address.

**NO ACCESS available to Gym, Weight Room, Pool & locker rooms
between 3-5pm during week of February 19-22, 2013**

BNL Ballroom Dance Club

Check our website at: <http://www.bnl.gov/bera/activities/dance/default.asp>

The Dance Series happens on Wednesdays at the Brookhaven Center North Ballroom beginning January 9, 2013.

The cost is \$45/person for the 6-week series. New beginners may try two classes before they pay for the series.

5:15-6:15 - Beginner Cha Cha
6:15-7:15 - Advanced Beginner Waltz
7:15-8:15 - Intermediate East Coast Swing

Practice sessions are held on most but not all Mondays from 5:30-6:30pm in the North Ballroom at the Brookhaven Center. There is no formal instruction but music is provided. If you would like to attend, please contact: Vinita Ghosh (6226) ghoshvj@bnl.gov or Kathleen Tuohy (3845) tuohy@bnl.gov